

Healthy Lifestyle Strategy

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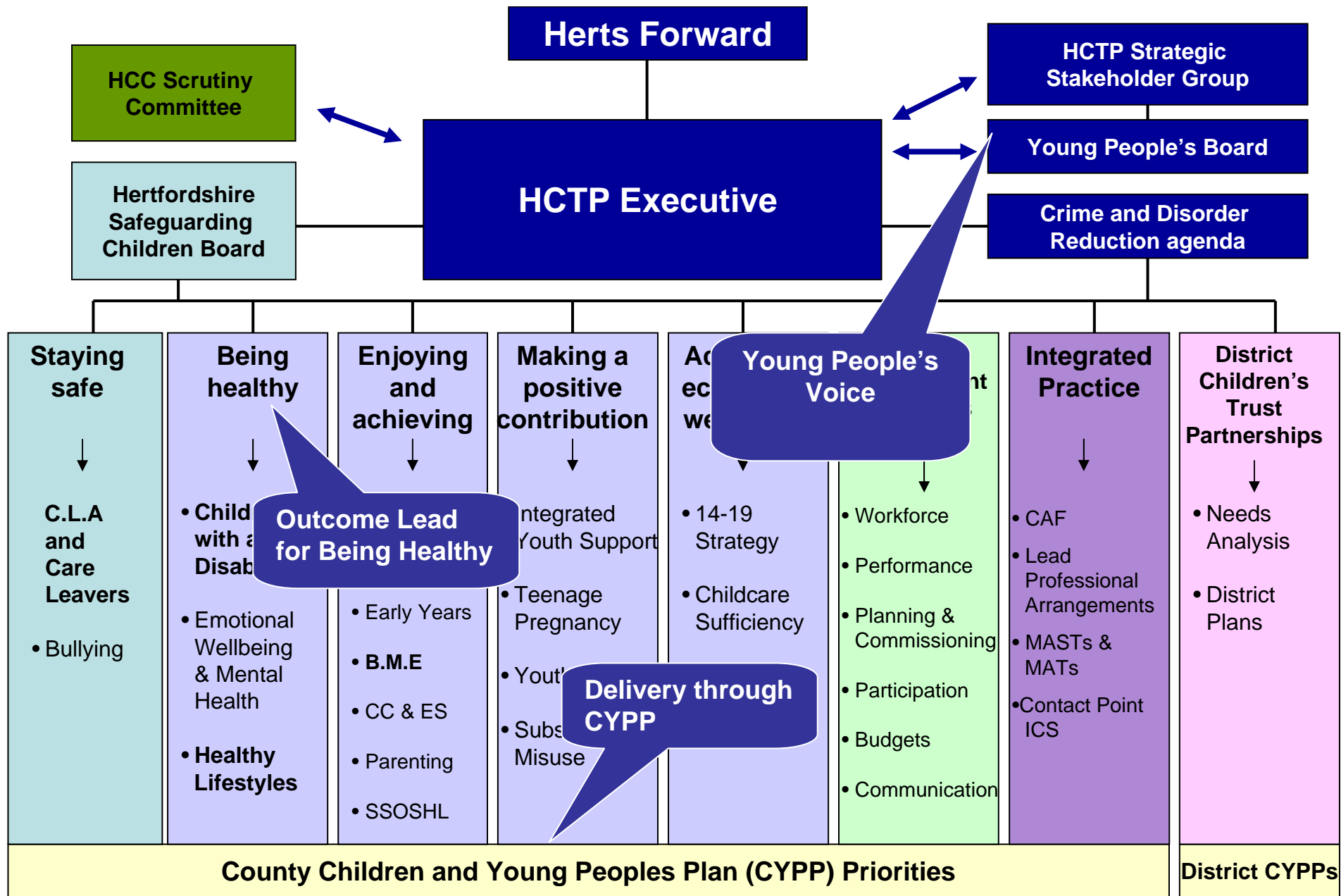
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HCTP structure & partnership working





Themes in bold cut across all five ECM outcomes but are placed under one outcome for accountability purposes

CC & ES = Children's Centres and Extended Schools
 MAST= Multi-Agency Support Team

SSOSHL = Study Support and Out of School Hours Learning
 MAT= Multi-Agency Team

Version 7.0

CYPP Top Priorities

- Physical health (healthy eating, healthy weight and physical activity)
- Reduce teenage pregnancy and improve sexual health
- Promote emotional wellbeing
- Substance misuse – support children and young people to avoid drugs and alcohol misuse
- Safe and healthy environments



Physical health

Priorities

- Preventative and early intervention
- Early support
- Reduce rise of overweight and obese children
- Promote healthy eating
- Increase numbers taking part in physical activity
- Share information to focus on those most at risk

CYPP outcomes

- children and young people have a healthy weight
- vulnerable children from 0-5 years are well prepared for life
- **Cross cutting priority:** to reduce health inequalities



Physical health - best practice

- Healthy Schools Programme
 - Fruit and Vegetable Scheme
 - Food in Schools toolkit
 - Regional Obesity Network
- Local projects led by Herts Sports Partnership
 - College Enrichment Project
 - The Midnight Sport initiative
 - The Buggy Fit Initiative



Teenage pregnancy & sexual health

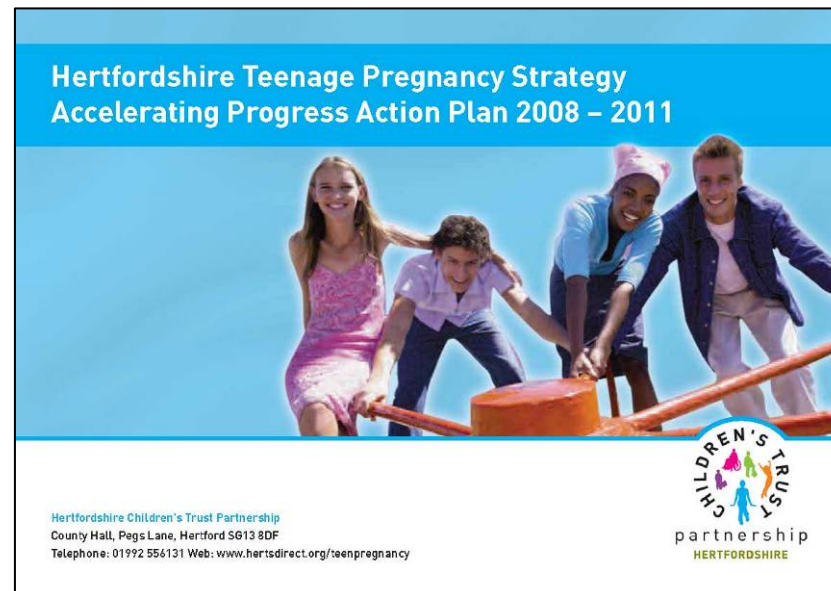
Priorities

- Reduce teenage conceptions,
- Reduce transmission of HIV and sexually transmitted infections
- Increase teenage parents in education training or employment
- Share information to focus on those most at risk

- **Key to success - findings of 'Deep Dive' review**
 - Discreet, credible, highly visible sexual health/contraceptive advice services
 - Strong delivery of Sex and Relationship Education by schools
 - Targeted work with at risk groups – children looked after
 - Workforce training
 - A well trained & resourced Youth Service with a clear remit

Teenage pregnancy & sexual health – best practice

- TIC TAC TAS (Teenage Information Centre, Teenage Advice Centre, Thomas Alleyne School)
- Body Zone - after school drop in at Sir Frederick Osborne School
- 'Teen Clinics' pilot at Connexions one-stop shop in Hemel Hempstead
- Youth service 'Body Stop' health bus



Promote emotional wellbeing

CYPP Outcomes

- Confidence to respond to bullying
- Children with emotional and mental health problems are well supported

Priorities

- Raise self esteem by increasing the take up of sports, play & active leisure pursuits
- Increase access to CAMHS
- Counselling services within schools and independent sector
- Cross-Herts Community Counselling
- Promote emotional and spiritual health and wellbeing

Best practice

- 'National Service Framework'
- CAHMS Outcome Research Consortium
- National Institute for Clinical Excellence guidelines on childhood depression
- Whole school framework for promoting Social and Emotional Aspects of Learning

Substance misuse

Priorities

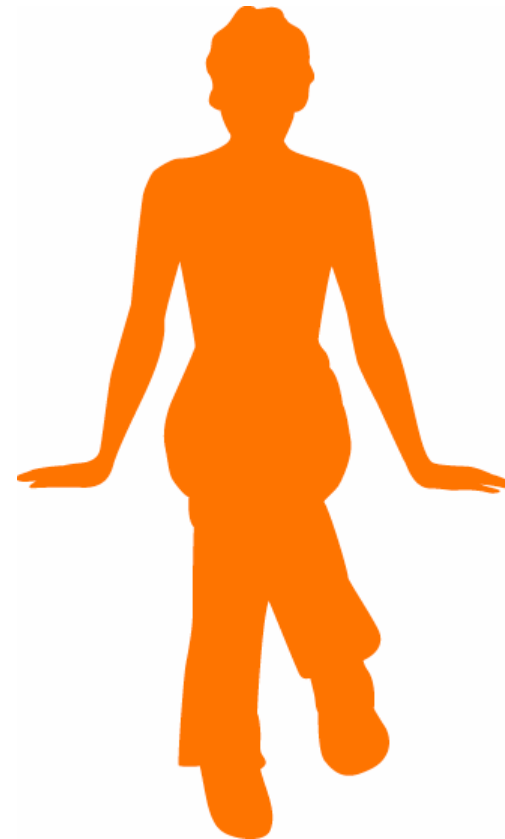
- Information & education programmes
- Improve access to treatment services
- Support current smoking cessation and health promotion work
- Decrease the under age sales of tobacco and alcohol
- Develop the 'Keeping Your Child Safe' Toolkit
- Activities to tackle under-age drinking

- **Young People's Substance Misuse Plan 2007-2008**

- National Drug Strategy 2002
- Choosing Health 2004
- Every Child Matters: Change for Children Young People and Drugs 2005
- Healthy Schools Standard
- Standards for Better Health 2006
- Keeping Young People Engaged 2007

Substance misuse – best practice

- The Ware Wheels project – targeted detached youth work for drug education and sexual health.
- ‘Can u feel it’ youth projects for drug education, sexual health and emotional wellbeing.
- NCFE Accreditation – certificate in Drug Awareness Studies



Safe & healthy environments

Priorities

- Reduce number killed or seriously injured in road traffic collisions
- Educate and support children to take responsibility for their own safety
- Housing Protocols by all relevant agencies
- Support & intervention for homeless
- Raise awareness about homelessness
- Crashpad facilities
- Accommodation services to better meet needs



Safe & healthy environments – best practice

- Safer Routes to School Programme
 - Walking Buses
 - Child Pedestrian Skills Training
 - School Travel Plans
- Cycle training to children in deprived areas
- Sustainable Travel to School Strategy
- Walking Initiatives schemes
- Pilot ‘bike it’ project

